

CLAIMS

I claim:

1. A method for transmitting a status message containing
5 the current status of an input device, comprising:
 receiving an input signal from the input device;
 determining whether the input signal reaches a preset
value;
 in response to determining that the input signal has
10 reached a preset value, initiating a status message;
 determining the signal format of an output device;
 in response to determining the signal format of the
output device, formatting the status message to match the output
device signal format; and
15 transmitting the status message.
2. The method of claim 1, further comprising the step of:
 determining that a second output device exists;
 in response to determining that a second output device
20 exists, duplicating the status message as a second status message;
 determining the signal format of a second output device;
 in response to determining the signal format of the
second output device, formatting the second status message to match
the second output device signal format; and
25 transmitting the status message across the second output
device.
3. The method of claim 1, wherein the input device is a
utility meter.

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5 5. The method of claim 1, wherein the step of, in response to determining the signal format of the output device, formatting the status message to match the output device signal format, is performed by a universal communications interface.

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 10-week training program. The physical fitness of the children was measured at the beginning and at the end of the 10-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 10-week period compared to the control group. The body mass index of the children in the experimental group also increased significantly. These findings suggest that a 10-week training program can improve the physical fitness of 10-year-old children.

6. A system for monitoring a utility status, comprising:
an input device, operative to transmit a utility status;
an input interface, operative to receive the utility status
from the input device;

5 a microprocessor, operative to monitor the utility status
received by the input interface and further operative to generate a
status message based on the utility status;

a universal bus, operative to relay the status message
from the microprocessor;

10 a universal communications interface, operative to
receive the status message from the universal bus; and

a slot, operative to receive an output device, said slot
connected by a data path to the universal communications interface.

15 7. The system of claim 6, wherein:

the microprocessor is further operative to generate the
status message in a format untransmittable by the output device;

the universal communications interface is further
operative to determine the signal format of the output device upon
20 receipt of the output device by the slot; and

the universal communications interface is further
operative to convert the status message from the original format to a
format transmittable by the output device.

25 8. The system of claim 6, wherein the input device is a
utility meter.

9. The system of claim 8, wherein the input signal is a
30 voltage level.

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11. A system for monitoring a utility meter, comprising:
an analog-to-digital converter, operative to receive a utility status from the utility meter, the analog-to-digital converter further operative to convert the utility status from an analog waveform to a series of digital packets;
5 a microprocessor, operative to monitor the utility status received by the input interface and further operative to generate a status message based on the utility status;
a universal bus, operative to relay the status message
10 from the microprocessor;
a universal communications interface, operative to receive the status message from the universal bus, further operative to determine the signal format of the output device upon receipt of the output device by the slot, and further operative to convert the
15 status message from an original format to a format transmittable by an output device;
a slot, operative to receive an output device, said slot connected by a data path to the universal communications interface.

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